

## WEEKEND IN NORFOLK

Blueberry Betty is a classic dessert, similar to Apple Brown Betty and known since colonial times. Early on, it was made with layers of berries and sweetened bread crumbs, but Meadowbrook's version is a simple combination of fruit with a crumble topping. Early August is the height of Connecticut's blueberry season, making this dessert extra special because the berries are so fresh. Here is Meadowbrook's recipe:

### Blueberry Betty a la Meadowbrook

1 quart fresh blueberries 1 tablespoon lemon juice 1 teaspoon cinnamon  
1 cup flour 1 cup sugar  
1/4 pound butter (1 stick)

Put blueberries in two oblong 9"x13" baking pans or one double-size pan. Sprinkle with cinnamon and lemon juice.

Mix flour and sugar in bowl. Work butter in to form a crumb topping. Sprinkle crumb topping over blueberries.

Bake at 375 degrees until top is brown and bubbly, 25 to 35 minutes.

